

LUNCH & DINNER

AVAILABLE EVERYDAY

FROM 11 a.m.-8 p.m. MON & TUES: until 5 p.m.

- Salads -

FARMERS SALAD:

\$5.50 PETITE / \$10 REGULAR

organic greens, shaved cucumber, fennel, radish
carrot & seasonal vegetables in a lemon vinaigrette

CANDIED WALNUT, BLUE CHEESE & APPLE:

\$5.50 PETITE / \$9 REGULAR

with mixed greens & lemon vinaigrette

STONEFRUIT, TOASTED PECAN & GOAT CHEESE:

\$6.50 PETITE / \$10 REGULAR

with mixed greens & lemon vinaigrette

FREE-RANGE CHICKEN, AVOCADO, TOMATO, HOBBS BACON & BLUE CHEESE: \$13

with mixed greens & lemon vinaigrette

AVOCADO, MARKET VEGETABLE & SHAVED FARMSTEAD CHEESE: \$11

with arugula & lemon vinaigrette

HOUSE-MADE MOZZARELLA & ROASTED TOMATO: \$10

with arugula & McEvoy Ranch olive oil

A PERFECT WEDGE OF CHEESE OR PÂTÉ: \$10

with mixed greens & toast

add free-range rotisserie chicken to any salad +\$4

- Soup -

SOMETHING MADE FROM SCRATCH EVERYDAY

- Cold Sandwiches -

these sandwiches are served on warm, toasted bread!

CHICKEN SALAD SANDWICH: \$10.50

roasted tomato on ciabatta

CHICKEN & BRIE: \$11

braeburn apple on ciabatta

COUNTRY PÂTÉ: \$14

little pickles, grainy mustard, red onion on baguette

VEGGIE SANDWICH: \$9

tomato, avocado & wild arugula on whole wheat

PROSCIUTTO LA QUERCIA: \$10

with sweet butter on baguette

OPEN-FACED AVOCADO: \$7.50

McEvoy Ranch olive oil & sea salt on country toast

PEANUT BUTTER & JAM - \$5

on soft pullman bread

- Warm Sandwiches -

MEATLOAF & HOUSE-MADE KETCHUP: \$12

shaved red onion on ciabatta

OPEN-FACED ROASTED MUSHROOM MELT: \$9

truffle oil, cheddar cheese on country toast

HAM, FONTINA & PEAR: \$12

honey mustard on country toast

GRILLED GRAFTON CHEDDAR: \$8

on country toast add bacon +\$3.25 add fresh tomato +\$2

SLOW-COOKED PORK: \$10

red onion-currant chutney on ciabatta

THE BEST B.L.T.: \$11 ADD AVOCADO +\$2

Hobb's bacon, fresh tomato, arugula on pullman

MOZZARELLA & PROSCIUTTO LA QUERCIA: \$10

with market vegetable on country toast

- Comfort Classics -

*choice of side salad, seasonal market
vegetable or smashed potatoes*

QUINOA MAC 'N CHEESE: \$10

organic gluten free quinoa macaroni
with beemster goat-gouda sauce

BELLE'S MEATLOAF: \$14

grass-fed angus beef, simple herbs &
spices with house-made ketchup glaze

MARY'S FREE-RANGE CHICKEN: \$15

brined & slow roasted, choice or light or dark meat

- Sides -

SEASONAL MARKET VEGETABLE: \$6

simply dressed with sea salt,
lemon vinaigrette & fresh herbs

SMASHED POTATOES: \$6

yukon gold potatoes with sea salt,
fresh herbs, lemon vinaigrette & crème fraîche

ROASTED TOMATOES: 4 FOR \$2

FRESH FARMERS' MARKET TOMATO: \$2

ROASTED TRUFFLED MUSHROOMS: \$3

AVOCADO: \$2

WILTED SAVOY SPINACH: \$4

- Snacks -

BREAD & SWEET BUTTER WITH SEA SALT: \$3.50

OPEN-FACED AVOCADO: \$7.50

McEvoy Ranch olive oil & sea salt on country toast

LITTLE BOWL OF McEVOY RANCH MIXED OLIVES: \$5

CROSTINI *choose 2 of 3*: \$7

country pâté, goat cheese-tomato or truffled mushroom

VEGGIE PLATE: \$11

market vegetable, truffled mushrooms,
roasted tomatoes & goat cheese crostini

ONE SLICE MELTY CHEESE TOAST: \$5

- Cheese & Charcuterie -

CHEESE & CHARCUTERIE BOARD:

SMALL - \$13 / LARGE - \$22

*served with accouterment, house-made
crackers and/or toasts*

pick 3: Prosciutto la Quercia Blue Cheese
Country Pâté Soft Cheese
Salami Hard Cheese

PÂTÉ BOARD: \$14

with little pickles, grainy mustard & toast

A NICE PIECE OF BRIE fruit & baguette: \$10

HOUSE-MADE MOZZARELLA: \$7

McEvoy Ranch olive oil, sea salt & toast

BAKED GOAT CHEESE (LAURA CHENEL): \$9

roasted tomato-caper-olive sauce & baguette

- Sweets -

*please ask about our fresh cookie, cake & tart
selections baked fresh daily in house*

*we are proud to serve MARY'S air-chilled all-natural free
range chicken & all-natural DURHAM RANCH Berkshire pork!*

**most sandwiches have our house-made aioli...
please tell us if you'd like it left off.*

MON-FRI: 8 a.m.-noon
SAT-SUN: 8 a.m.-1 p.m.

ANSON MILLS HOT POLENTA:

\$6 BOWL *add...*
truffled mushrooms +\$3
poached egg +\$2
roasted tomatoes +\$1
creamy goat cheese +\$2
all of the above +\$5



**ANSON MILLS
STONE-CUT OATMEAL:**

\$6 BOWL *add...*
candied walnuts +\$2
currants +\$1
organic cream +\$1
maple syrup +\$1
brown sugar +\$.50
cinnamon apples +\$2
sprouted flax meal +\$2

- Morning Sides -

TOAST WITH BUTTER & LOCAL JAM: \$3
ORGANIC POACHED EGG: \$2
HOBB'S BACON, FRA' MANI SAUSAGE
OR PROSCIUTTO LA QUERCIA: \$3.25
ROASTED TOMATOES: 4 FOR \$2
FRESH FARMERS' MARKET TOMATO: \$2
ONE SLICE MELTY CHEESE TOAST: \$5
BIG SLICE OF CINNAMON TOAST
WITH SWEET BUTTER: \$3
SEASONAL MARKET VEGETABLE: \$3
ROASTED TRUFFLED MUSHROOMS: \$3
AVOCADO: \$2
WILTED SAVOY SPINACH: \$4



We always serve local ORGANIC
glaum Ranch EGGS! Yummy!



- Coffee & Tea -

COFFEE/DECAF: 10 oz - \$1.75 / 16 oz - \$2
CAFÉ AU LAIT: \$3.50
ICED COFFEE/DECAF: 12 oz - \$2.50 / 16 oz - \$3
ESPRESSO: SINGLE - \$2 / DOUBLE - \$3
MACCHIATO: SINGLE - \$2.25 / DOUBLE - \$3.25
AMERICANO: 10 oz - \$2 / 16 oz - \$3
ICED AMERICANO: 12 oz - \$2 / 16 oz - \$3
LATTE: 10 oz - \$3.25 / 16 oz - \$4.75
ICED LATTE: 12 oz - \$3.25 / 16 oz - \$4.25
CAPPUCCINO: 8 oz - \$2.75 / 10 oz - \$3 / 16 oz - \$4.50
GUITTARD HOT CHOCOLATE:
8 oz - \$2.50 / 10 oz - \$2.75 / 16 oz - \$3.50
CHAI LATTE: 10 oz - \$3 / 16 oz - \$4.25
ICED CHAI LATTE: 12 oz - \$3 / 16 oz - \$4.25
STEAMER: \$2
MIGHTY LEAF ICED TEA: DAILY FLAVOR 16 oz - \$2.50
MIGHTY LEAF HOT TEA: ASSORTED FLAVORS - \$2.50
HOT TEA LATTE: \$3.50

We use all ORGANIC locally roasted MR. ESPRESSO coffee & espresso beans
& CLOVER ORGANIC milk & cream

- Add ons -

EXTRA ESPRESSO SHOT +\$1 DARK MOCHA +\$.75
FRESH WHIPPED CREAM +\$1 WHITE MOCHA +\$.75
HOUSE-MADE ALMOND MILK+\$1.25 CARAMEL +\$1
SOY MILK +\$.75 VANILLA +\$.75
SIDE STEAMED MILK +\$.25
SIDE STEAMED SOY MILK +\$.50
SIDE STEAMED HOUSE-MADE ALMOND MILK +\$1.25



check out our latest JUICES &
SMOOTHIES at the drink bar



- Drinks -

ORIGINAL SUGAR CANE COKE: \$2
DIET COKE: \$2.50
ORGANIC ROOT BEER: \$2.50
SIPP ORGANIC SODAS: \$2.50
CASTLE ROCK WATER (STILL & SPARKLING):
SMALL - \$2.50 / LARGE - \$4
ORGANIC FRESH SQUEEZED O.J.: 8 oz - \$5 / 12 oz - \$8
ORGANIC MILK: 8 oz - \$2 / 10 oz - \$3
ORGANIC APPLE JUICE: \$1.75
ORGANIC LEMONADE: \$2.75
ORGANIC COCONUT WATER: \$4



don't miss out on our selection
of BEER & WINE!



C A R M E L



OPEN DAILY

Doud Craft Studios
on San Carlos between Ocean and 7th.

Eat in, or take out
call (831) 624-1600 for take out.

Catering available.

Carmel Belle proudly sources its ingredients from farmers and purveyors that practice sustainability, and provide honest, high-quality products that taste really good. Our meats are hormone-free, grass-fed/ free-range and humanely raised in California. Our produce is largely organic and purchased from local farmers' markets, farmers, and/or distributors that support small farms. So please join us, and eat good food knowing that we would never serve you anything we wouldn't serve to our own family.

www.carmelbelle.com

july 2016

BREAKFAST

- Simple Breakfast -

TWO SOFT POACHED EGGS: \$7
with herbs & country toast
add jam +\$.50
add Hobbs bacon OR Prosciutto la Quercia
OR Fra' Mani Sausage +\$3.25
add market vegetable, truffled
mushrooms & roasted tomato +\$4.25
GREEN EGGS & HAM: \$10.75
two poached eggs, Prosciutto la Quercia
& arugula-herb purée on country toast
WILTED SAVOY SPINACH: \$6
with soft poached egg
TRUFFLED EGG TOAST: \$9.50
with melted fontina & market vegetable
GRAFTON CHEDDAR MELT: \$9.25
with pure maple syrup & Fra' Mani sausage
ROASTED MUSHROOM MELT: \$11
& two soft poached eggs with
white truffle oil & chives on country toast
OPEN-FACED AVOCADO: \$7.50
McEvoy Ranch olive oil &
sea salt on country toast
CREAMY BRIE & BAGUETTE: \$10
ORGANIC YOGURT: \$7
granola, fruit & honey
SEASONAL MARKET FRUIT: \$7 / \$4 HALF

- Breakfast Sandwiches -

POACHED EGG SANDWICH - \$10.25
Grafton cheddar & Hobb's bacon
on toasted ciabatta
OPEN-FACED EGG, BACON & ARUGULA - \$11
with avocado on pullman bread
GRILLED GRAFTON CHEDDAR
& BACON - \$11
on country toast
PROSCIUTTO LA QUERCIA - \$9.25
with sweet butter on baguette
OOEY-GOOEY GRILLED CHOCOLATE - \$5
hazelnut spread on country toast